PRESEASON TRAINING FOR SOCCER

Parents and Players - please read the information below regarding the Collegiate Soccer preseason plan.

**Varsity Soccer Tryouts - Fall 2019**

Begins Thursday, August 15th at Collegiate- 9am and will conclude Tuesday, August 20th- 1pm. Please note the following tryout dates:
Thu, Aug 15 - Sat, Aug 17 and
Mon Aug 19 - Tue, Aug 20.

**Varsity Soccer Practice - Fall 2019**

Begins Wednesday, August 21st at Collegiate- 9am and will conclude Friday, August 30th. Please note the following practice dates:
Wed, Aug 21 - Sat, Aug 24 and
Mon, Aug 26 - Fri, Aug 30.

**Junior Varsity Soccer Tryouts - Fall 2019**

Begins Monday, August 19th at Collegiate- 9am and will conclude Friday, August 23rd- 1pm. Please note the following tryout dates:
Mon, Aug 19 - Fri, Aug 23

**Junior Varsity Soccer Practice - Fall 2019**

Begins Monday, August 26th at Collegiate- 9am and will conclude Friday, August 30th. Please note the following practice dates:
Mon, Aug 26 - Fri, Aug 30.

Both teams will take a bus to train at whichever permitted field we are allotted by Parks. We have applied for Park permits during morning hours. I hope to confirm 9am-1pm daily schedule.

All players should take the round trip with the team during preseason. Once preseason concludes, if you would like your son to leave from the field you must send in the permission waiver available on the school’s website.

Players should bring shoes for turf or grass as well as running/futsal shoes, socks and extra socks, shin guards, Dutchmen soccer or other Collegiate sport shorts and shirts are allowed. Sunscreen and a bottle for water are strongly recommended.
*Players will use their own water bottles this preseason and we will provide water for refill.*
**BIG REMINDERS:**

- **Fulfill all Health Requirements on Magnus Health Portal:** The required medical forms for Collegiate School needed to attend soccer tryouts will be found on the Magnus Health Portal.

  *All annual physicals must be current before attending any practice:* The Magnus Health Portal will assist the school nurse to make sure all forms and medical information is current and will help as forms need to be updated as required to participate in sports throughout the year.

- **Email Coach Hoogerwerf (stephen@cpsoccerclub.com) with any questions, and to make sure your son is on the list of players trying out for the teams.**

**Itinerary**

The players will be participating in vigorous physical activity during pre-season tryouts and training. The team will have some sessions at school, including strength training and film sessions. There will be at least 1 scrimmage set for the varsity team early the week of the 26th and only players that have the required number of 8 practices will be allowed to play. Both the JV and Varsity teams will have other scrimmages set up later that week and will also need to meet the practice requirements.

There will be summer training available, please email if your son is planning to be in NYC and looking to prepare for the season.

Let's go Dutch!

Coach Hoogerwerf